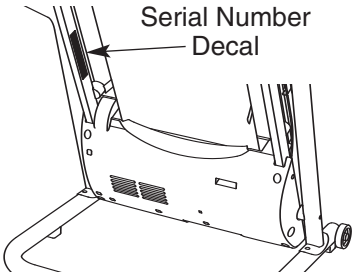
WESLO®

cadence M6

Model No. WETL13706.0
Serial No. _____



QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing or damaged parts, please call:

08457 089 009

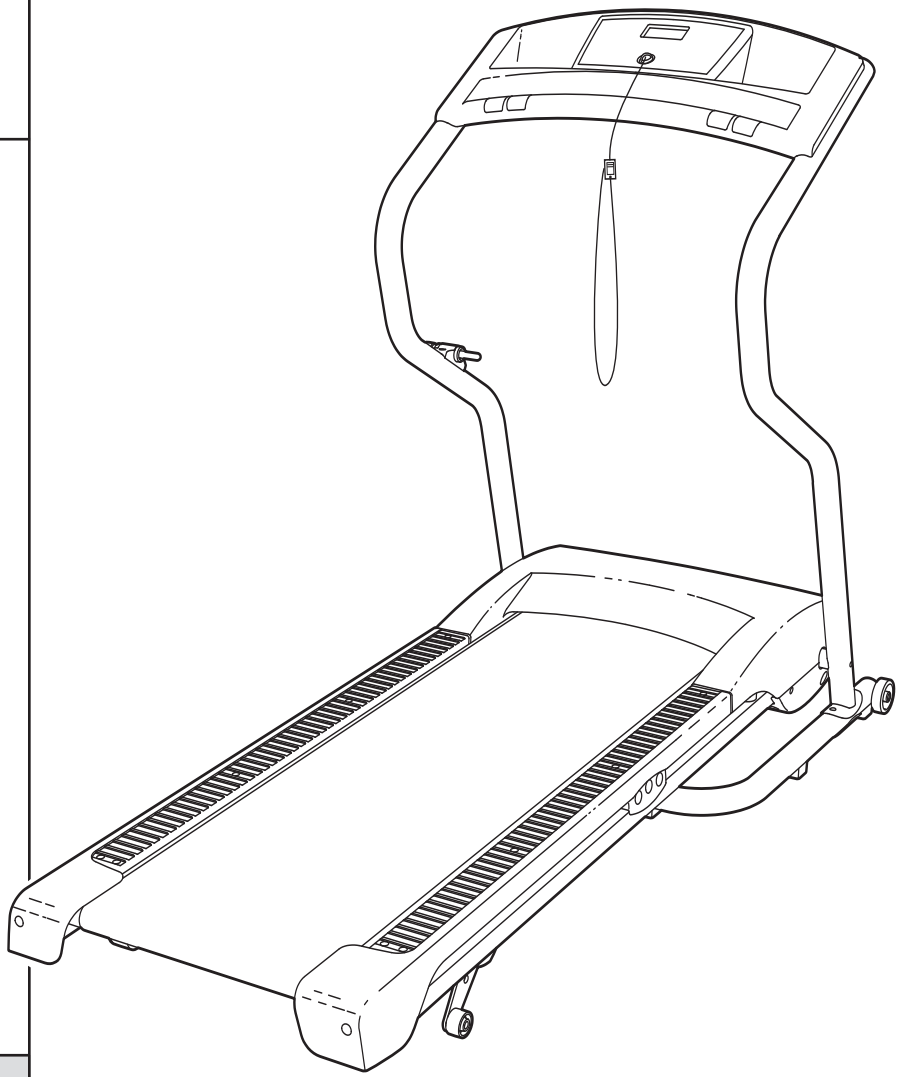
or write:
ICON Health & Fitness, Ltd.
Customer Service Department
Unit 4
Revie Road Industrial Estate
Revie Road
Beeston
Leeds, LS118JG
UK

email: csuk@iconeurope.com

⚠ CAUTION

Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.

USER'S MANUAL



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WESLO®

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Note: A PART IDENTIFICATION CHART, an EXPLODED DRAWING, and a PART LIST are attached in the center of this manual.

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IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of burns, fire, electric shock, or injury to persons, read the following important precautions and information before operating the treadmill.

1. **It is the responsibility of the owner to ensure that all users of this treadmill are adequately informed of all warnings and precautions.**

2. **Use the treadmill only as described in this manual.**

3. **Place the treadmill on a level surface, with at least 2.5 m (8 ft.) of clearance behind it and 0.5 m (2 ft.) on each side. Do not place the treadmill on a surface that blocks any air openings. To protect the floor or carpet from damage, place a mat under the treadmill.**

4. **Keep the treadmill indoors, away from moisture and dust. Do not put the treadmill in a garage or covered patio, or near water.**

5. **Do not operate the treadmill where aerosol products are used or where oxygen is being administered.**

6. **Keep children under the age of 12 and pets away from the treadmill at all times.**

7. **The treadmill should be used only by persons weighing 115 kg (250 lbs.) or less.**

8. **Never allow more than one person on the treadmill at a time.**

9. **Wear appropriate exercise clothes while using the treadmill. Do not wear loose clothes that could become caught in the treadmill. Athletic support clothes are recommended for both men and women. *Always wear athletic shoes; never use the treadmill with bare feet, wearing only stockings, or in sandals.***

10. **When connecting the power cord (see page 10), plug the power cord into an earthed circuit. No other appliance should be on the same circuit. When replacing the fuse, an ASTA approved BS1362 type should be fitted to the fuse carrier. A 13 amp fuse should be used.**

11. **If an extension cord is needed, use only a 3-conductor, 1mm^2 (14-gauge) cord that is no longer than 1.5 m (5 ft.).**

12. **Keep the power cord away from heated surfaces.**

13. **Never move the walking belt while the power is turned off. Do not operate the treadmill if the power cord or plug is damaged, or if the treadmill is not working properly. (See MAINTENANCE AND TROUBLESHOOTING on page 17 if the treadmill is not working properly.)**

14. **Read, understand, and test the emergency stop procedure before using the treadmill (see HOW TO TURN THE POWER ON on page 11).**

15. **Never start the treadmill while you are standing on the walking belt. Always hold the handrails while using the treadmill.**

16. **The treadmill is capable of high speeds. Adjust the speed in small increments to avoid sudden jumps in speed.**

17. **Never leave the treadmill unattended while it is running. Always remove the key and unplug the power cord when the treadmill is not in use.**

18. **The pulse sensor is not a medical device. Various factors, including your movement, may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.**

19. **Do not attempt to raise, lower, or move the treadmill until it is properly assembled. (See ASSEMBLY on page 6, and HOW TO FOLD AND MOVE THE TREADMILL on page 15.) You must be able to safely lift 20 kg (45 lbs.) to raise, lower, or move the treadmill.**

20. **When folding or moving the treadmill, make sure that the frame is securely held by the lock pin.**

21. Do not change the incline of the treadmill by placing objects under the treadmill.

22. Inspect and properly tighten all parts of the treadmill regularly.

23. Never drop or insert any object into any opening.

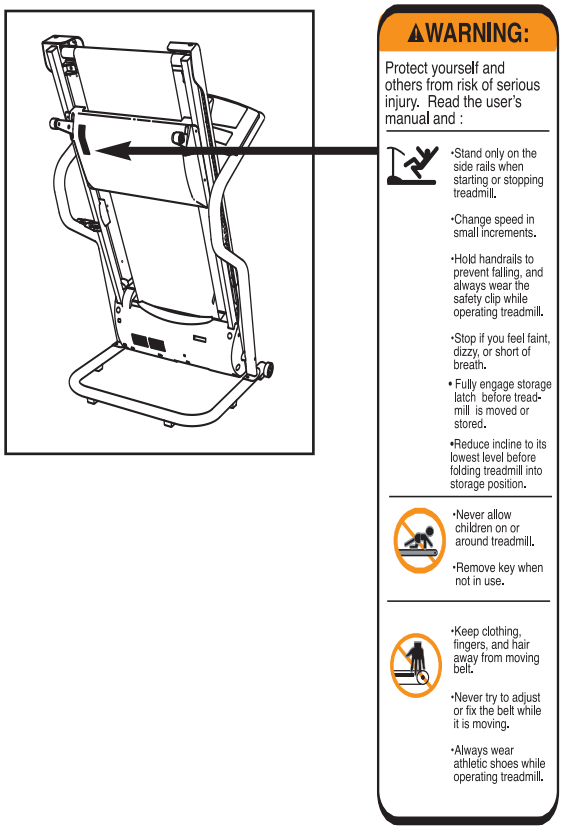
24. **DANGER:** Always unplug the power cord immediately after use, before cleaning the treadmill, and before performing the maintenance and adjustment procedures described in this manual. Never remove the motor hood unless instructed to do so by an authorized service representative. Servicing other than the procedures in this manual should be performed by an authorized service representative only.

25. This treadmill is intended for in-home use only. Do not use this treadmill in any commercial, rental, or institutional setting.

⚠WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

SAVE THESE INSTRUCTIONS

The decal shown at the right has been placed on the treadmill. If the decal is missing, or if it is not legible, call the telephone number on the front cover of this manual and order a free replacement decal. Apply the decal in the location shown. Note: The decal is not shown at actual size.

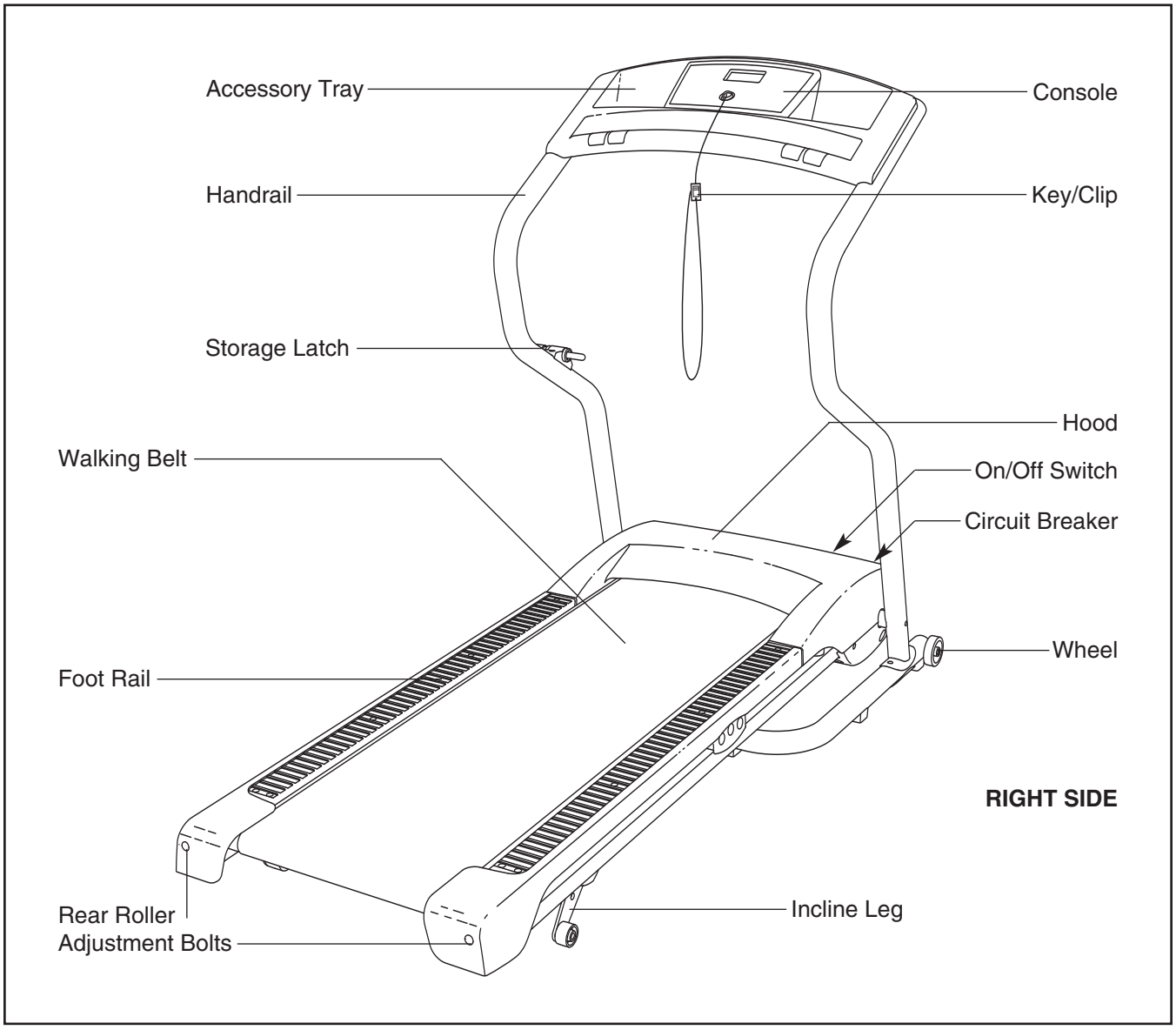


BEFORE YOU BEGIN

Thank you for selecting the new WESLO® CADENCE M6 treadmill. The CADENCE M6 treadmill combines advanced technology with innovative design to make your workouts at home more effective and enjoyable. And when you're not exercising, the CADENCE M6 treadmill can be folded up, requiring less than half the floor space of other treadmills.

For your benefit, read this manual carefully before using the treadmill. If you have questions after reading this manual, please see the front cover of this manual. To help us assist you, please note the product model number and serial number before contacting us. The model number of the treadmill is WETL13706.0. The serial number can be found on a decal attached to the treadmill (see the front cover of this manual for the location).

Before reading further, please familiarize yourself with the parts that are labeled in the drawing below.



ASSEMBLY

Assembly requires two persons. Set the treadmill in a cleared area and remove all packing materials; **do not dispose of the packing materials until assembly is completed.** Note: The underside of the treadmill walking belt is coated with high-performance lubricant. During shipping, a small amount of lubricant may be transferred to the top of the walking belt or the shipping carton. This does not affect treadmill performance. If there is lubricant on top of the walking belt, simply wipe off the lubricant with a soft cloth and a mild, non-abrasive cleaner.

In addition to the included hex key , assembly requires a phillips screwdriver (, a spanner , and wire cutters .

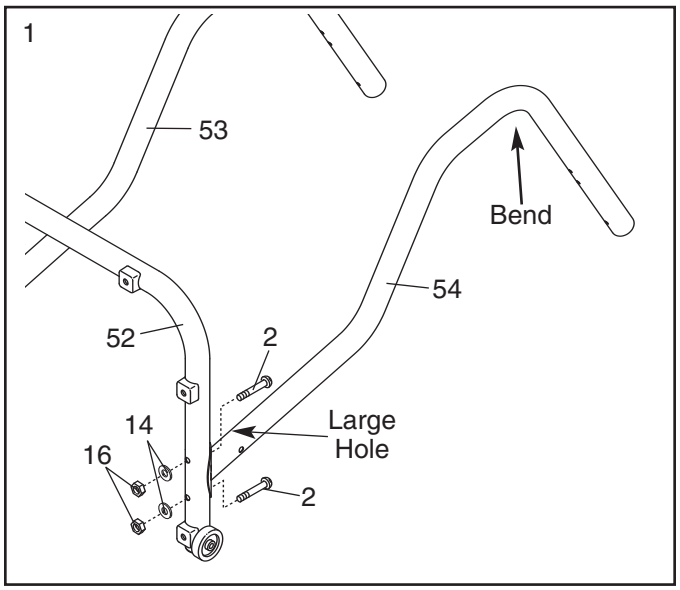
Note: To identify small parts during assembly, see the PART IDENTIFICATION CHART in the center of this manual. Some parts may be preassembled.

1. **Make sure that the power cord is unplugged.**

   Have a second person hold the Base (52) in the position shown.

   Identify the Right Handrail (54), which has a large hole near the lower end. **Hold the Right Handrail so the bend is in the position shown.** Attach the Right Handrail to the Base (52) with two Handrail Bolts (2), two Handrail Washers (14) and two Nuts (16). **Do not tighten the Handrail Bolts yet.**

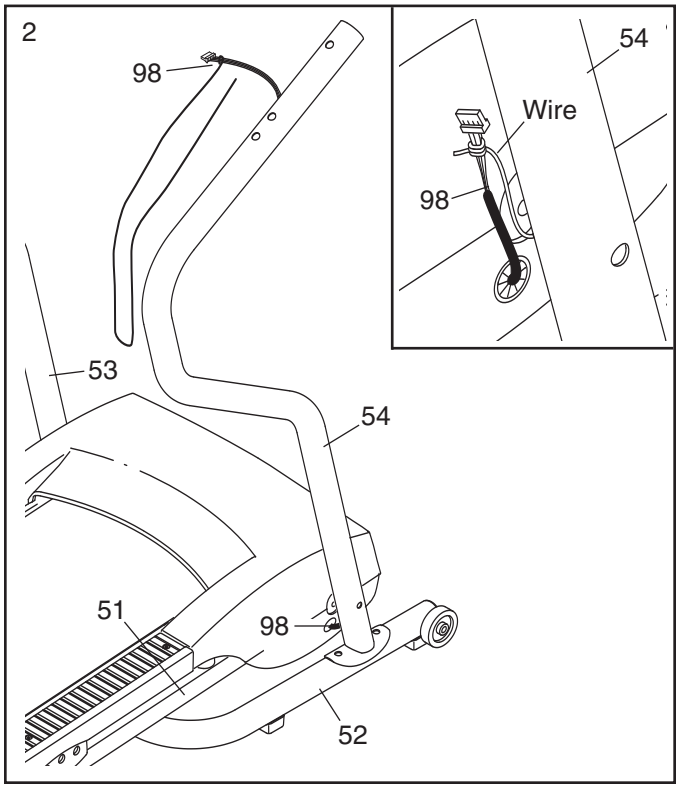
   Attach the Left Handrail (53) to the Base (52) in the same way.



2. With the help of a second person, raise the Handrails (53, 54) so the Base (52) is flat on the floor as shown.

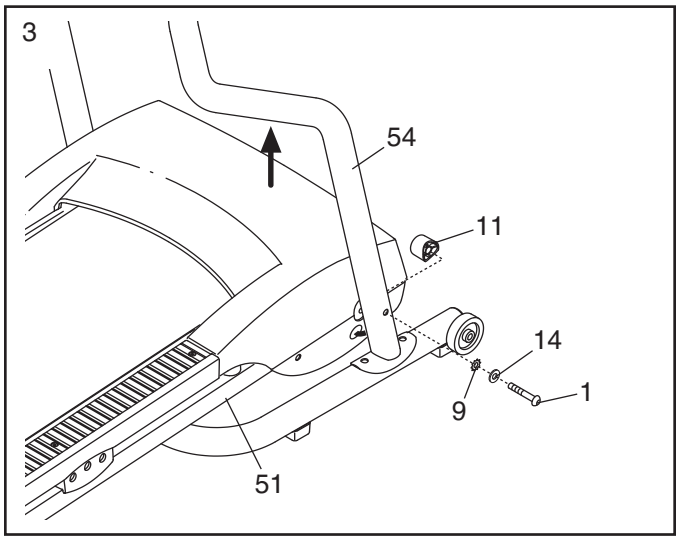
   Position the front end of the treadmill Frame (51) between the Handrails (53, 54) as shown. Next, locate the long wire inside the lower end of the Right Handrail (see the inset drawing). Securely tie the end of the wire to the end of the Wire Harness (98).

   Then, pull the opposite end of the wire until the Wire Harness (98) is extending from the upper end of the Right Handrail (54).



3. Have a second person lift and hold the front end of the Frame (51). Hold a Frame Spacer (11) between the Right Handrail (54) and the Frame. Attach the Right Handrail to the Frame with a Frame Pivot Bolt (1), a Frame Washer (14), and a Handrail Star Washer (9). **Do not tighten the Frame Pivot Bolts yet.**

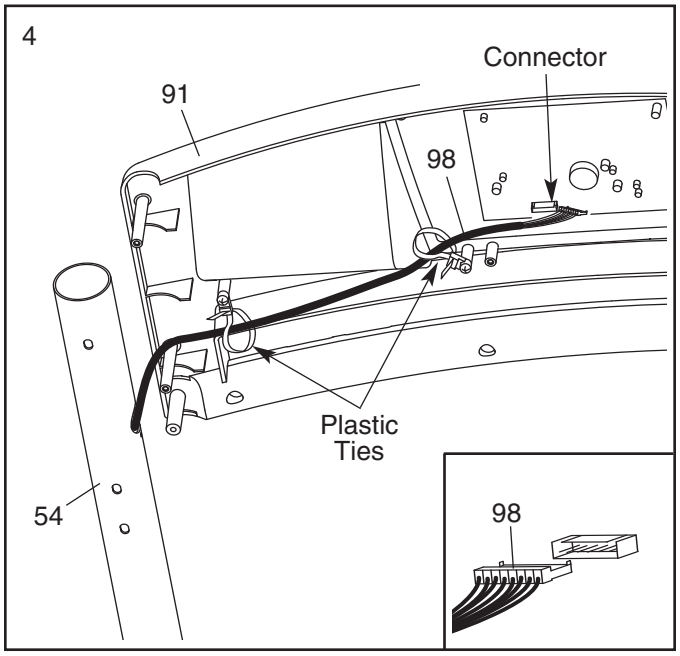
   Repeat this step on the left side of the treadmill.



4. Hold the Console Assembly (91) near the Right Handrail (54). **Touch the Right Handrail to discharge any static.**

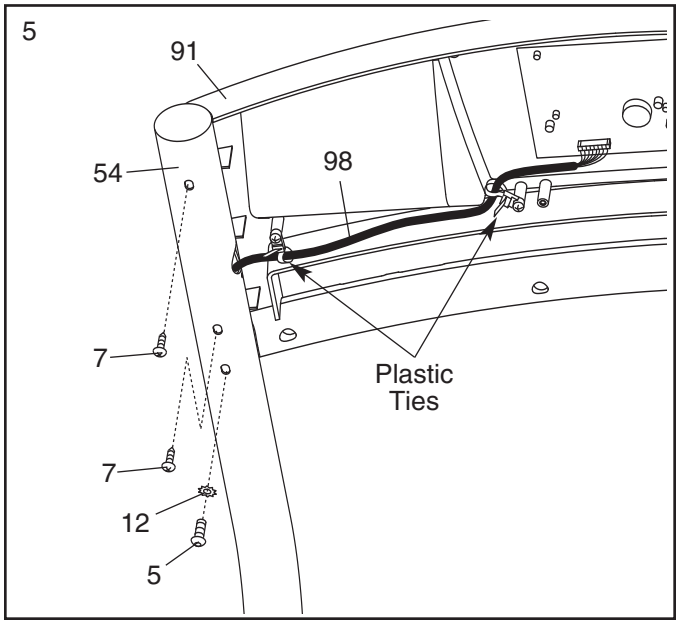
   Next, remove the wire from the end of the Wire Harness (98). Insert the end of the Wire Harness through the two looped plastic ties.

   Then, press the end of the Wire Harness (98) into the connector on the back of the Console Assembly (91) in the location shown. **The end of the Wire Harness should slide easily into the connector and snap into place.** If it does not, turn the end of the Wire Harness and then try again. **IF THE CONNECTORS ARE NOT CONNECTED PROPERLY, THE CONSOLE MAY BE DAMAGED WHEN THE POWER IS TURNED ON.**

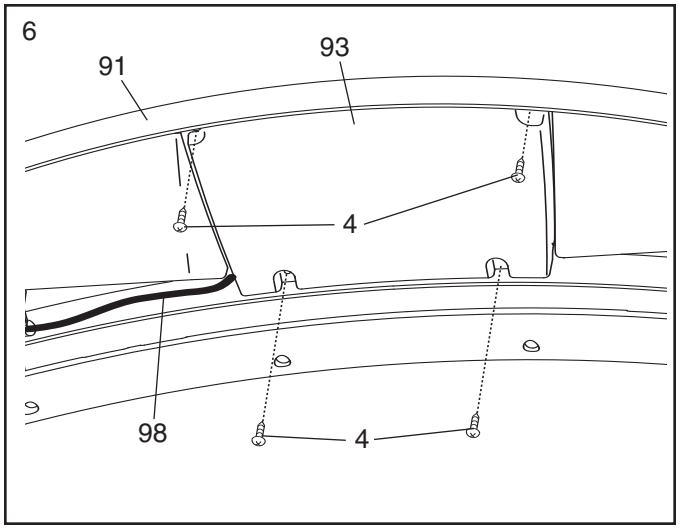


5. Set the Console Assembly (91) on the Right Handrail (54) and the Left Handrail (not shown). Partially tighten two Crossbar Screws (5) with two Crossbar Star Washers (12) (only one of each is shown) into the Handrails and the Console Assembly. Then, partially tighten four Console Screws (7) (only two are shown) into the Handrails and the Console Assembly. Then, **tighten all six Screws.**

   Insert the excess Wire Harness (98) down into the Right Handrail (54). Tighten the two plastic ties around the Wire Harness, and then cut off the ends of the plastic ties.



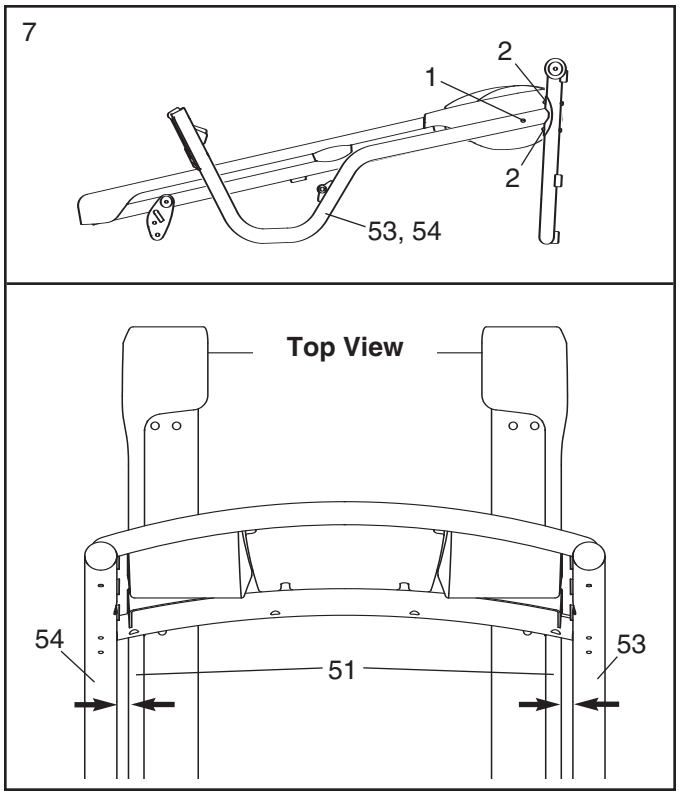
6. Attach the Console Back (93) to the Console Assembly (91) with four Console Back Screws (4). Note that there is a slot in the side of the Console Back for the Wire Harness (98). **Make sure that no wires are pinched.**



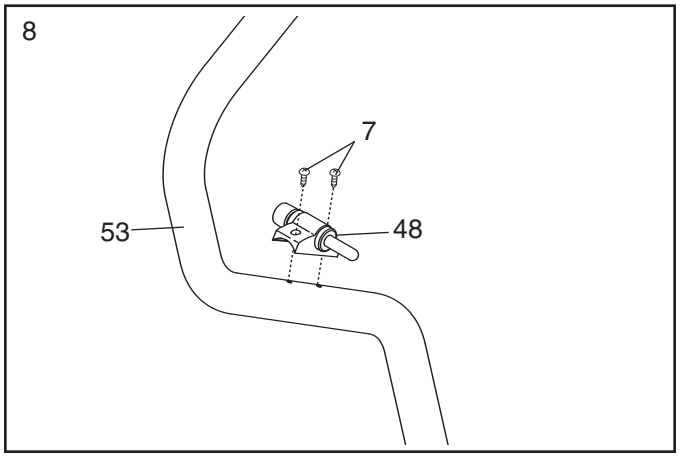
7. Carefully lower the Handrails (53, 54) until they are touching the floor.

   See the lower drawing. Position the Handrails (53, 54) so that the treadmill Frame (51) is centered between the Handrails.

   Firmly tighten the four Handrail Bolts (2) and the two Frame Pivot Bolts (1). **Be careful not to overtighten the Frame Pivot Bolts.**



8. Attach the Latch Assembly (48) to the Left Handrail (53) with two Latch Screws (7). **Make sure that the Latch Assembly is oriented as shown.**



9. **Make sure that all parts are properly tightened before you use the treadmill.** Keep the included hex key in a secure place. The hex key is used to adjust the walking belt (see page 18). To protect the floor or carpet, place a mat under the treadmill.

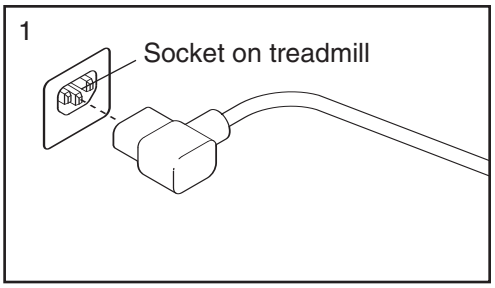
OPERATION AND ADJUSTMENT

THE PRE-LUBRICATED WALKING BELT

Your treadmill features a walking belt coated with high-performance lubricant. **IMPORTANT: Never apply silicone spray or other substances to the walking belt or the walking platform. Such substances will deteriorate the walking belt and cause excessive wear.**

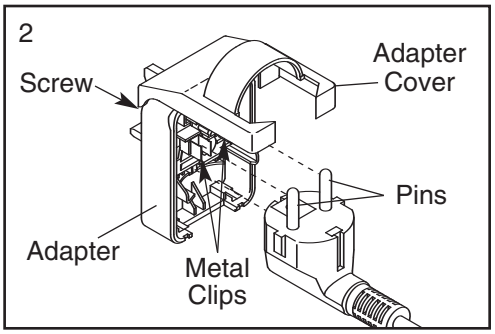
HOW TO PLUG IN THE POWER CORD

This product must be earthed. If it should malfunction or break down, earthing provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a power cord having an equipment-earthing conductor and an earthing plug. **Important: If the power cord is damaged, it must be replaced with a manufacturer-recommended power cord.**

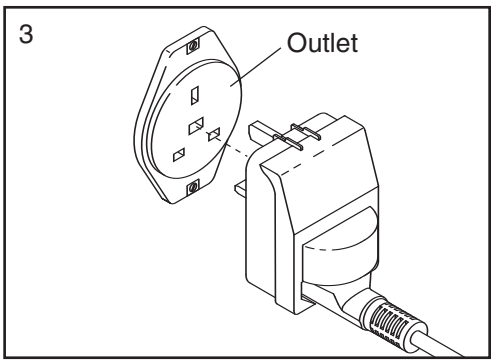


See drawing 1. Plug the indicated end of the power cord into the socket on the treadmill.

See drawing 2. Press the pins on the power cord into the metal clips in the adapter as shown. Close the adapter cover over the end of the power cord and tighten the screw in the adapter. **Important: Make sure that the adapter cover is secure and the screw has been tightened before using the power cord.**

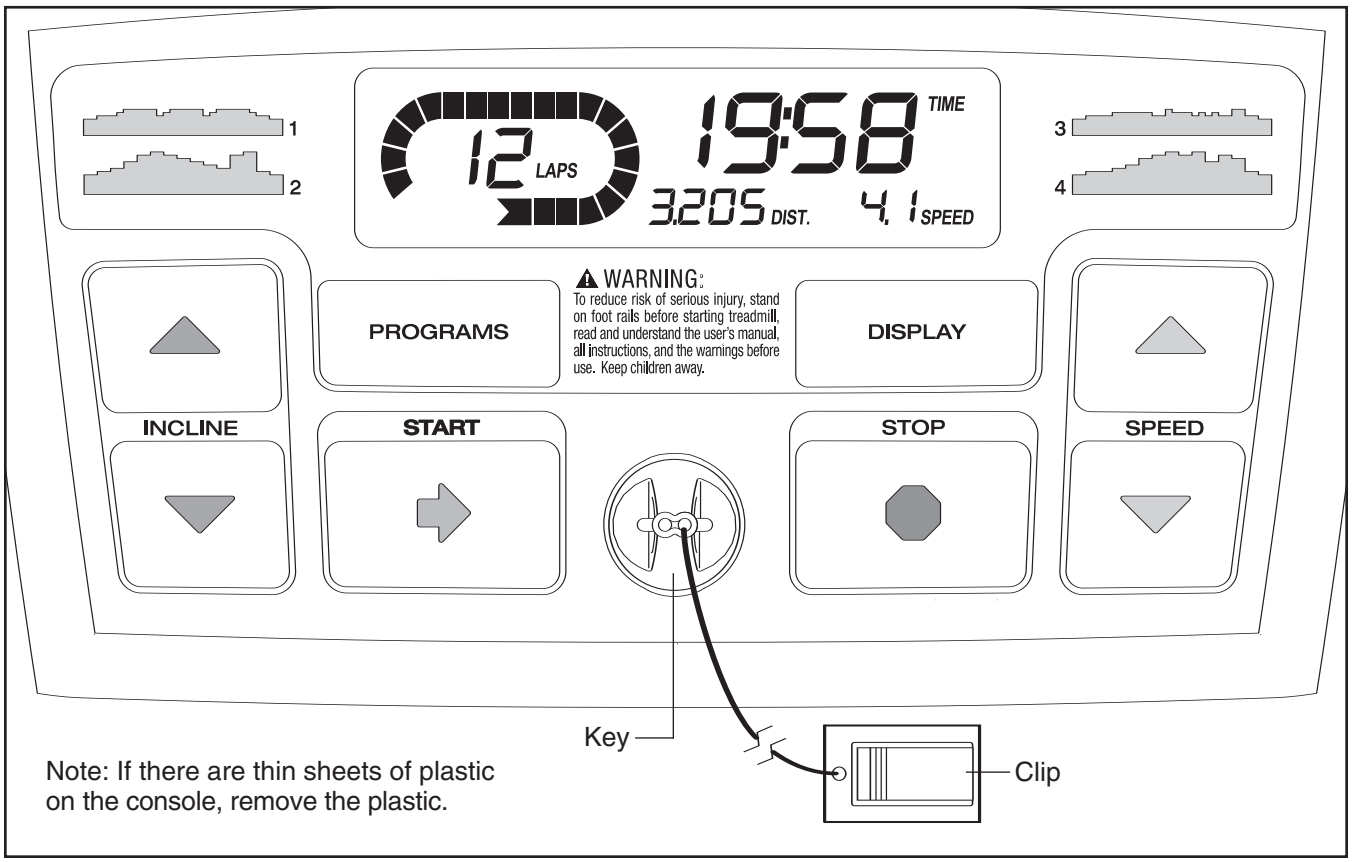


See drawing 3. Plug the power cord into an appropriate outlet that is properly installed and earthed in accordance with all local codes and ordinances. **Important: The treadmill is not compatible with GFCI-equipped outlets.**



⚠ DANGER: Improper connection of the equipment-earthing conductor can result in an increased risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly earthed. Do not modify the plug provided with the product—if it will not fit the outlet, have a proper outlet installed by a qualified electrician.

CONSOLE DIAGRAM



Note: If there are thin sheets of plastic on the console, remove the plastic.

FEATURES OF THE CONSOLE

The treadmill console offers a selection of features designed to make your workouts more effective.

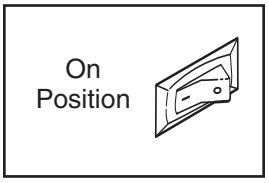
While the manual mode of the console is selected, the speed and incline of the treadmill can be changed with the touch of a button. As you exercise, the displays will provide continuous exercise feedback. You can even measure your heart rate using the built-in pulse sensor.

The console also offers four speed programs. Each program automatically controls the speed of the treadmill as it guides you through an effective workout.

To prevent damage to the walking platform, always wear clean athletic shoes while using the treadmill. During the first few minutes that the treadmill is used, inspect the alignment of the walking belt, and center the walking belt if necessary (see page 18).

HOW TO TURN ON THE POWER

Plug in the power cord (see page 10). Next, locate the on/off switch on the treadmill frame near the right upright. Make sure that the switch is in the “on” position.



Next, stand on the foot rails of the treadmill. Find the clip attached to the key (see the drawing above), and slide the clip onto the waistband of your clothes. Then, insert the key into the console. After a moment, the displays will light. **Important: In an emergency situation, the key can be pulled from the console, causing the walking belt to slow to a stop. Test the clip by carefully taking a few steps backward; if the key is not pulled from the console, adjust the position of the clip.**

HOW TO USE THE MANUAL MODE

1 Insert the key into the console.

See HOW TO TURN ON THE POWER on page 11.

2 Select the manual mode.

When the key is inserted, the manual mode will be selected. If you have selected a speed program, reselect the manual mode by pressing the Programs button repeatedly until only zeros appear in the displays.

3 Press the Start button or the Speed increase button to start the walking belt.

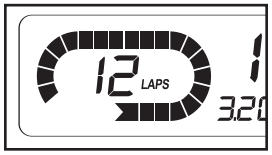
When either button is pressed, the walking belt will begin to move at 2 km/h. Hold the handrails and begin walking. As you exercise, change the speed of the walking belt as desired by pressing the Speed buttons. Each time a button is pressed, the speed setting will change by 0.1 km/h; if a button is held down, the speed setting will change in increments of 0.5 km/h. Note: After the buttons are pressed, it may take a moment for the walking belt to reach the selected speed setting.

To stop the walking belt, press the Stop button. The time will begin to flash in one of the displays. To restart the walking belt, press the Start button or the Speed increase button.

4 Change the incline of the treadmill as desired.

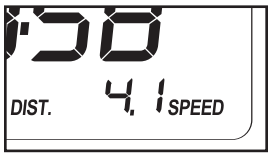
To change the incline of the treadmill, hold down the Incline increase or decrease button until the desired incline level is reached.

5 Follow your progress with the track and the three displays.



The track—The track represents a distance of 400 meters (1/4 mile). As you walk or run on the treadmill, the indicators around the track will appear in succession until the entire track appears. The track will then disappear and the indicators will again begin to appear in succession. The center of the track will show the number of laps that you have completed.

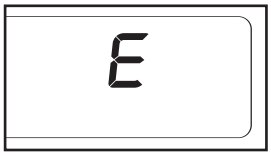
The lower left display—As you exercise, the lower left display can show the elapsed time and the distance that you have walked or run.



The lower right display—The lower right display can show the speed of the walking belt and the approximate number of calories that you have burned. The display also shows your heart rate when you use the handgrip pulse sensor (see step 5).

The upper display—The upper display can show the elapsed time, the distance that you have walked or run, the speed of the walking belt, or the approximate number of calories you have burned. Press the Display button repeatedly until the upper display shows the information that you are most interested in viewing. Note: While information is shown in the upper display, the same information will not be shown in the lower left or right display.

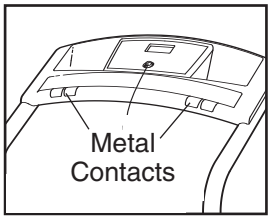
To reset the displays, press the Stop button, remove the key, and then reinsert the key.



Note: The console can display speed and distance in either kilometers or miles. To see which unit of measurement is selected, first remove the key, hold down the Stop button, and then reinsert the key into the console; after you hear a tone, release the Stop button. An “M” for metric kilometers or an “E” for English miles will appear in the upper display. Press the Speed increase button to change the unit of measurement if desired. When the desired unit of measurement is selected, remove the key and then reinsert it.

6 Measure your heart rate if desired.

Before using the handgrip pulse sensor, remove the sheets of clear plastic from the metal contacts. In addition, make sure that your hands are clean.



To measure your heart rate, **stand on the foot rails** and hold the metal contacts—**avoid moving your hands**. When your pulse is detected, the small heart symbol in the lower right display will flash, one or two dashes will appear, and then your heart rate will be shown. **For the most accurate heart rate reading, continue to hold the contacts for about 15 seconds.**

7 When you are finished exercising, remove the key from the console.

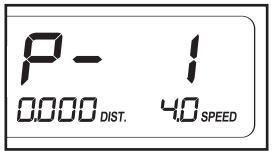
Step onto the foot rails, press the Stop button, and remove the key from the console. Keep the key in a secure place. Then, switch the on/off switch to the “off” position and unplug the power cord.

HOW TO USE A SPEED PROGRAM

1 Insert the key into the console.

See HOW TO TURN ON THE POWER on page 11.

2 Select one of the four speed programs.



To select a speed program, press the Programs button repeatedly; "P-1," "P-2," "P-3," or "P-4" will appear in the upper display for a few seconds to show which program is selected. The maximum speed setting of the selected program will also flash in one of the displays for a few seconds.

Each program consists of 30 one-minute periods. One speed setting is programmed for each period. Note: The same speed setting may be programmed for two or more consecutive periods. The profiles on the console show how the speed of the walking belt will change during the programs.

3 Press the Start button or the Speed increase button to start the program.

When either button is pressed, the treadmill will automatically adjust to the speed setting that is programmed for the first period of the program. Hold the handrails and begin walking.

When the first period ends, a series of tones will sound. If a different speed setting is programmed for the second period, the speed setting will flash in one of the displays to alert you, and then **the speed of the walking belt will change.** The program will continue until all 30 periods are completed. The walking belt will then slow to a stop.

If the speed setting is too high or too low during the program, you can manually override the setting by pressing the Speed buttons. However, **when the next period begins, the speed of the walking belt will change if a different speed setting is programmed for the next period.**

To stop the program, press the Stop button. The time will begin to flash in one of the displays. To restart the program, press the Start button or the Speed increase button. The walking belt will begin to move at 2 km/h. When the next period begins, the speed of the walking belt will change if a different speed setting is programmed for the next period.

4 Change the incline of the treadmill as desired.

See step 4 on page 12.

5 Follow your progress with the track and the three displays.

See step 5 on page 12.

6 Measure your heart rate if desired.

See step 6 on page 13.

7 When you are finished exercising, remove the key.

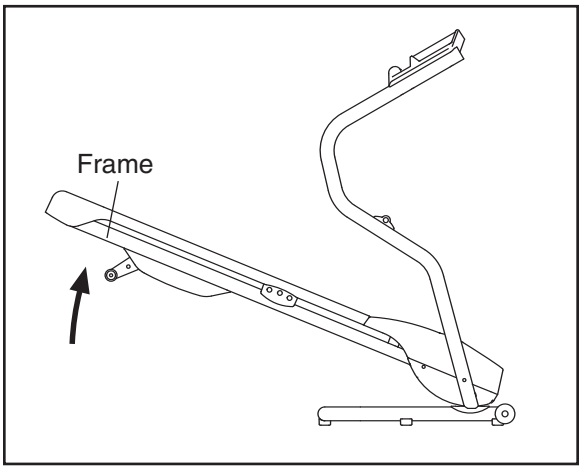
See step 7 on page 13.

HOW TO FOLD AND MOVE THE TREADMILL

HOW TO FOLD THE TREADMILL FOR STORAGE

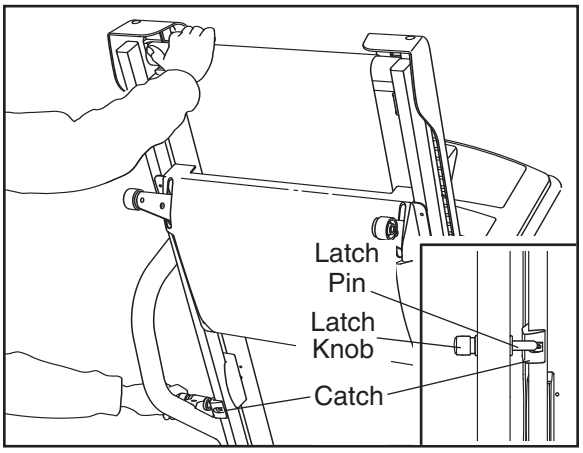
Unplug the power cord. CAUTION: You must be able to safely lift 20 kg (45 lbs.) to raise, lower, or move the treadmill.

1. **Hold the metal frame firmly in the location shown by the arrow at the right. CAUTION: To decrease the possibility of injury, do not lift the frame by the plastic foot rails. Make sure to bend your legs and keep your back straight. As you raise the frame, make sure to lift with your legs rather than your back.** Raise the frame about halfway to the vertical position.



2. Move your right hand to the position shown and hold the treadmill firmly. Using your left hand, pull the latch knob to the left and hold it. Raise the frame until the catch is past the latch pin. Then, slowly release the latch knob; **make sure that the catch is resting against the latch pin.**

   To protect the floor or carpet from damage, place a mat under the treadmill. Keep the treadmill out of direct sunlight. Do not leave the treadmill in the storage position in temperatures above 30°C (85°F).



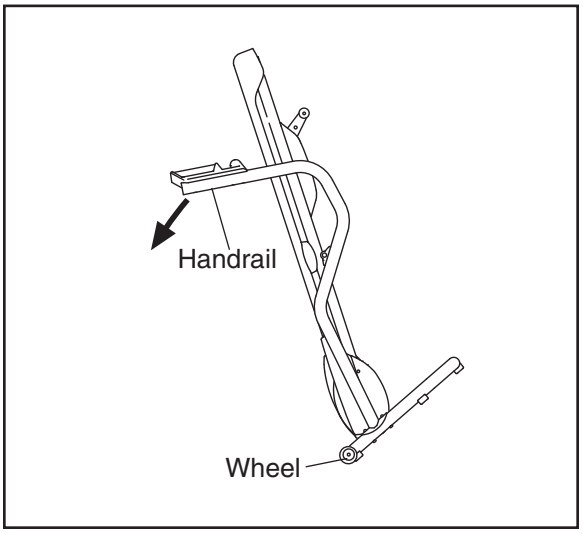
HOW TO MOVE THE TREADMILL

Before moving the treadmill, convert the treadmill to the storage position as described above. **Make sure that the catch is resting against the latch pin.**

1. Hold the handrails and place one foot against one of the wheels. **Do not pull back on the frame.**

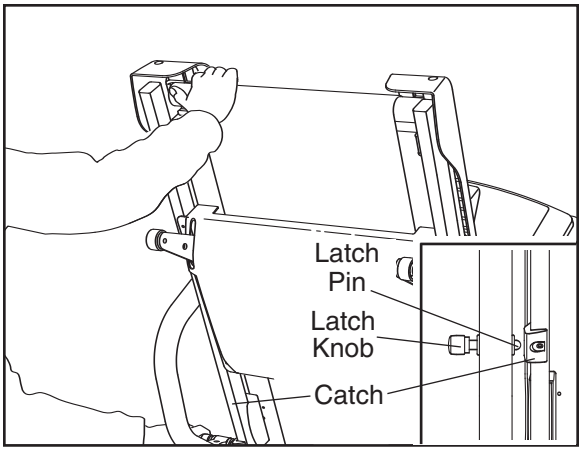
2. Tilt the treadmill back until it rolls freely on the wheels, and carefully move the treadmill to the desired location. **Never move the treadmill without tipping it back. To reduce the risk of injury, use extreme caution while moving the treadmill. Do not attempt to move the treadmill over an uneven surface.**

3. Place one foot against one of the wheels, and carefully lower the treadmill until it is in the storage position.

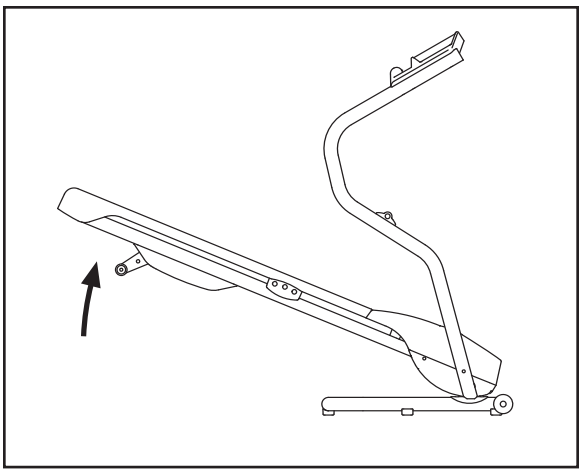


HOW TO LOWER THE TREADMILL FOR USE

1. Hold the upper end of the treadmill with your right hand as shown. Using your left hand, pull the latch knob to the left and hold it. Next, lower the frame until it is past the latch pin. Then, release the latch knob.



2. Hold the frame firmly with both hands, and lower it to the floor. **To decrease the possibility of injury, bend your legs and keep your back straight.**



MAINTENANCE AND TROUBLESHOOTING

Most treadmill problems can be solved by following the steps below. Find the symptom that applies, and follow the steps listed. If further assistance is needed, please see the front cover of this manual.

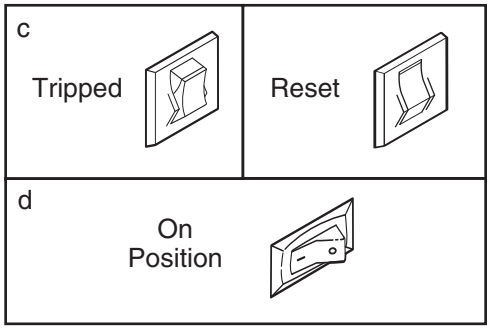
PROBLEM: The power does not turn on

SOLUTION: a. Make sure that the power cord is plugged into a properly earthed outlet (see page 10). If an extension cord is needed, use only a 3-conductor, 1 mm^2 (14-gauge) cord that is no longer than 1.5 m (5 ft.). Important: The treadmill is not compatible with GFCI-equipped outlets.

b. After the power cord has been plugged in, make sure that the key is inserted into the console.

c. Check the circuit breaker located on the treadmill near the power cord. If the switch protrudes as shown, the circuit breaker has tripped. To reset the circuit breaker, wait for five minutes and then press the switch back in.

d. Check the on/off switch located on the treadmill near the power cord. The switch must be in the “on” position.



PROBLEM: The power turns off during use

SOLUTION: a. Check the circuit breaker located on the treadmill near the power cord (see c. above). If the circuit breaker has tripped, wait for five minutes and then press the switch back in.

b. Make sure that the power cord is plugged in. If the power cord is plugged in, unplug it, wait for five minutes, and then plug it back in.

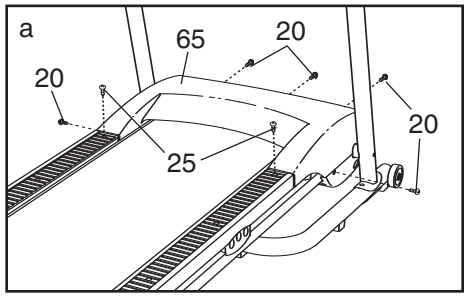
c. Remove the key from the console. Reinsert the key into the console.

d. Make sure that the on/off switch is in the “on” position (see d. above).

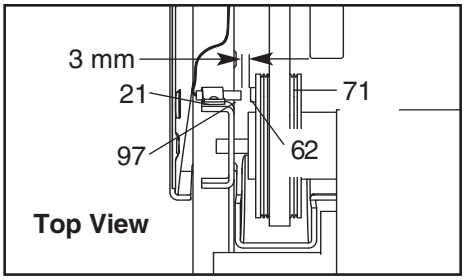
e. If the treadmill still will not run, please see the front cover of this manual.

PROBLEM: The displays of the console do not function properly

SOLUTION: a. Remove the key from the console and **UNPLUG THE POWER CORD.** Remove the five indicated Screws (20) and the two Foot Rail Screws (25). Then, carefully remove the Hood (65).

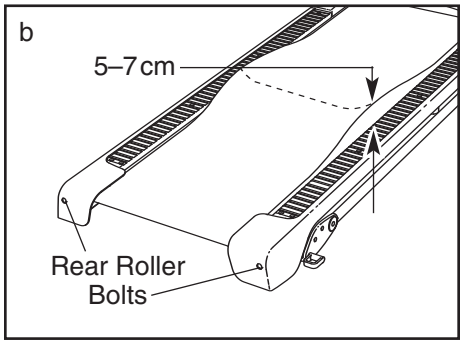


Locate the Reed Switch (97) and the Magnet (62) on the left side of the Pulley (71). Turn the Pulley until the Magnet is aligned with the Reed Switch. **Make sure that the gap between the Magnet and the Reed Switch is about 3 mm (1/8 in.).** If necessary, loosen the Screw (21), move the Reed Switch slightly, and then retighten the Screw. Reattach the Hood (not shown), and run the treadmill for a few minutes to check for a correct speed reading.**PROBLEM: The walking belt slows when walked on**



SOLUTION: a. If an extension cord is needed, use only a 3-conductor, 1mm^2 (14-gauge) cord that is no longer than 1.5 m (5 ft.).

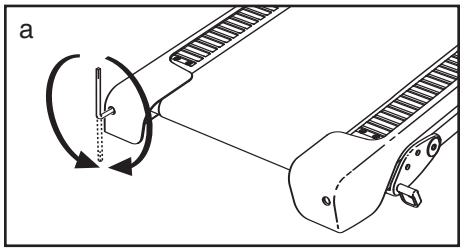
b. If the walking belt is overtightened, treadmill performance may decrease and the walking belt may become damaged. Remove the key and **UNPLUG THE POWER CORD**. Using the hex key, turn both rear roller bolts counterclockwise, 1/4 of a turn. When the walking belt is properly tightened, you should be able to lift each edge of the walking belt 5 to 7 cm (2 to 3 in.) off the walking platform. Be careful to keep the walking belt centered. Then, plug in the power cord, insert the key, and run the treadmill for a few minutes. Repeat until the walking belt is properly tightened.



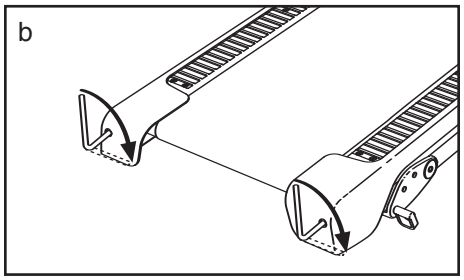
c. If the walking belt still slows when walked on, please see the front cover of this manual.

PROBLEM: The walking belt is off-center or slips when walked on

SOLUTION: a. **If the walking belt has shifted to the left,** first remove the key and **UNPLUG THE POWER CORD**. Using the hex key, turn the left rear roller bolt clockwise 1/2 of a turn. Be careful not to overtighten the walking belt. **If the walking belt has shifted to the right,** turn the left rear roller bolt counterclockwise 1/2 of a turn. Then, plug in the power cord, insert the key, and run the treadmill for a few minutes. Repeat until the walking belt is centered.



b. **If the walking belt slips when walked on,** first remove the key and **UNPLUG THE POWER CORD**. Using the hex key, turn both rear roller bolts clockwise, 1/4 of a turn. When the walking belt is correctly tightened, you should be able to lift each edge of the walking belt 5 to 7 cm (2 to 3 in.) off the walking platform. Be careful to keep the walking belt centered. Then, plug in the power cord, insert the key, and carefully walk on the treadmill for a few minutes. Repeat until the walking belt is properly tightened.



CONDITIONING GUIDELINES

⚠WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for individuals over the age of 35 or individuals with pre-existing health problems.

The pulse sensor is not a medical device. Various factors, including your movement, may affect the accuracy of heart rate readings. The sensor is intended only as an exercise aid in determining heart rate trends in general.

The following guidelines will help you to plan your exercise program. For more detailed exercise information, obtain a reputable book or consult your physician.

EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, the key to achieving the desired results is to exercise with the proper intensity. The proper intensity level can be found by using your heart rate as a guide. The chart below shows recommended heart rates for fat burning and aerobic exercise.

♥	165	155	145	140	130	125	115
♥	145	138	130	125	118	110	103
♥	125	120	115	110	105	95	90
	20	30	40	50	60	70	80

To find the proper heart rate for you, first find your age near the bottom of the chart (ages are rounded off to the nearest ten years). Next, find the three numbers above your age. The three numbers define your "training zone." The lower two numbers are recommended heart rates for fat burning; the higher number is the recommended heart rate for aerobic exercise.

Fat Burning

To burn fat effectively, you must exercise at a relatively low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses easily accessible *carbohydrate calories* for energy. Only after the first few minutes does your body begin to use stored *fat calories* for energy. If your goal is to burn fat, adjust the speed and incline of the treadmill until your heart rate is near the lowest number in your training zone.

For maximum fat burning, adjust the speed and incline of the treadmill until your heart rate is near the middle number in your training zone.

Aerobic Exercise

If your goal is to strengthen your cardiovascular system, your exercise must be "aerobic." Aerobic exercise is activity that requires large amounts of oxygen for prolonged periods of time. This increases the demand on the heart to pump blood to the muscles, and on the lungs to oxygenate the blood. For aerobic exercise, adjust the speed and incline of the treadmill until your heart rate is near the highest number in your training zone.

WORKOUT GUIDELINES

Each workout should include the following three parts:

A Warm-up—Start each workout with 5 to 10 minutes of stretching and light exercise. A proper warm-up increases your body temperature, heart rate and circulation in preparation for exercise.

Training Zone Exercise—After warming up, increase the intensity of your exercise until your pulse is in your training zone for 20 to 60 minutes. (During the first few weeks of your exercise program, do not keep your pulse in your training zone for longer than 20 minutes.) Breathe regularly and deeply as you exercise—never hold your breath.

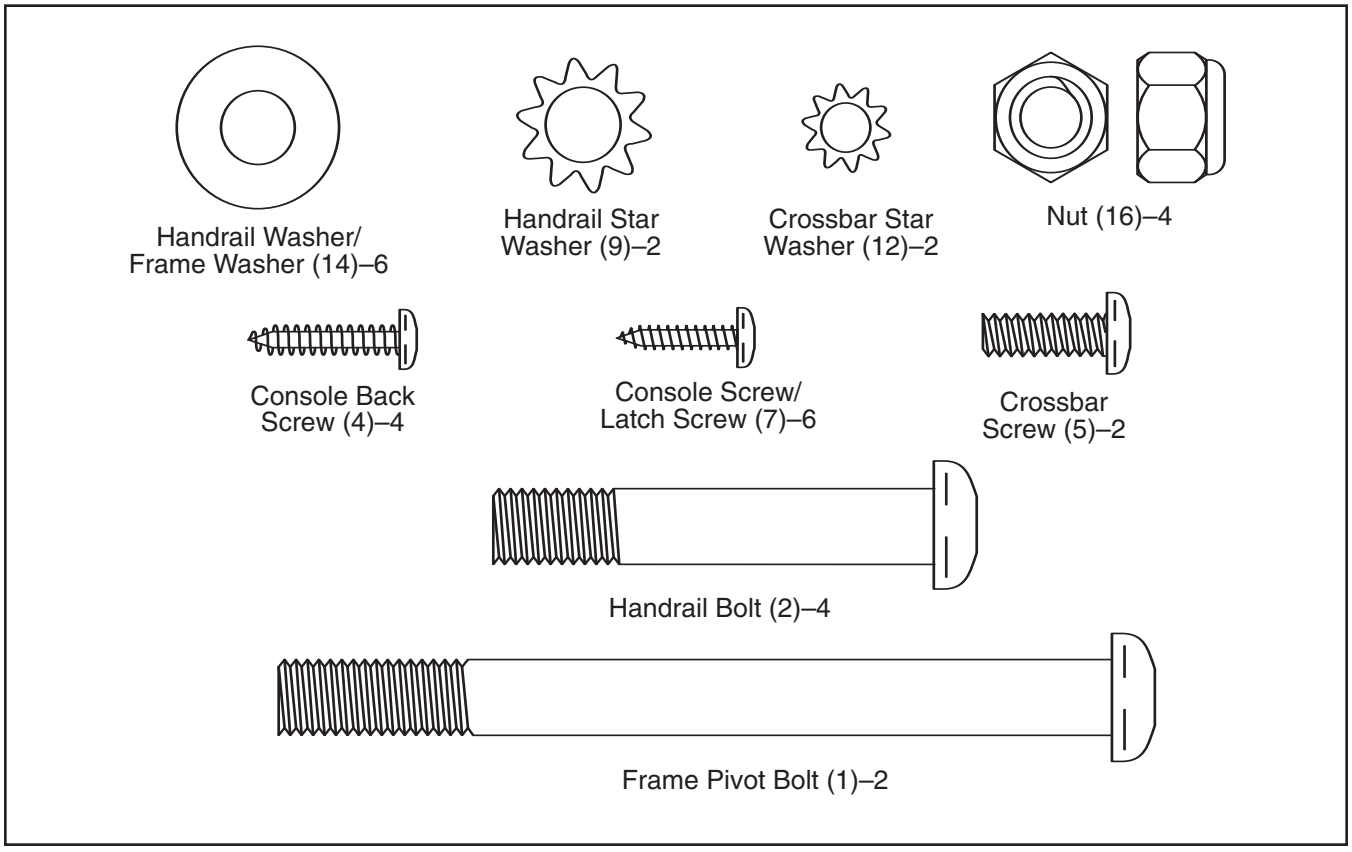
A Cool-down—Finish each workout with 5 to 10 minutes of stretching to cool down. This will increase the flexibility of your muscles and will help prevent post-exercise problems.

EXERCISE FREQUENCY

To maintain or improve your condition, complete three workouts each week, with at least one day of rest between workouts. After a few months, you may complete up to five workouts each week if desired. The key to success is to make exercise a regular and enjoyable part of your everyday life.

PART IDENTIFICATION CHART

Remove this chart and use it to identify small parts during assembly. Save this chart and the EXPLODED DRAWING/PART LIST for future reference.



PART LIST—Model No. WETL13706.0

R0706A

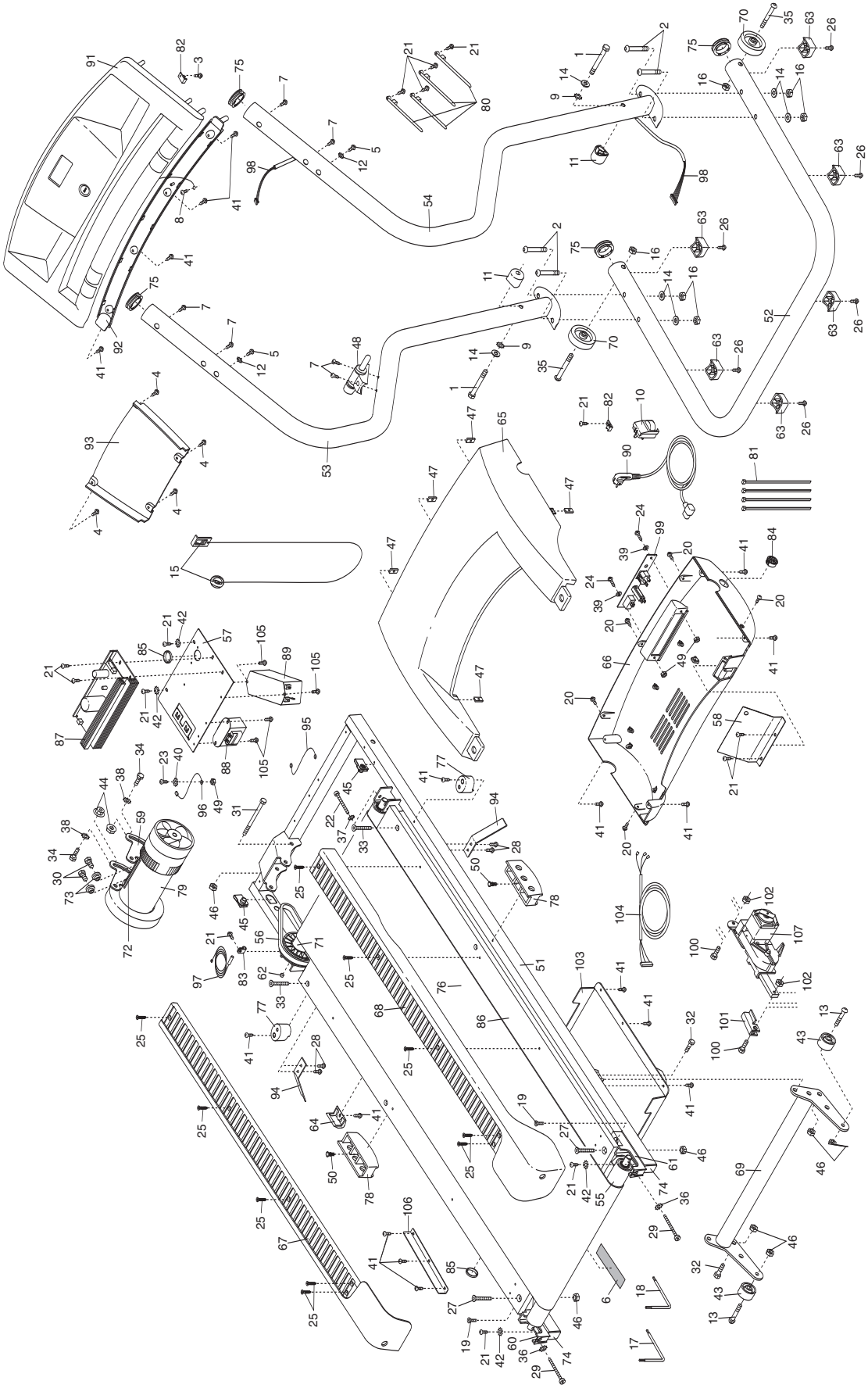
Key No.	Qty.	Description
1	2	Frame Pivot Bolt
2	4	Handrail Bolt
3	1	Tie Holder Screw
4	4	Console Back Screw
5	2	Crossbar Screw
6	1	Warning Decal
7	6	Console Screw/ Latch Screw
8	1	Silver Ground Screw
9	2	Handrail Star Washer
10	1	Power Adapter
11	2	Frame Spacer
12	2	Crossbar Star Washer
13	2	Incline Wheel Bolt
14	6	Handrail Washer/ Frame Washer
15	1	Key/Clip
16	6	Nut
17	1	6 mm Hex Key
18	1	4 mm Hex Key
19	2	Roller Bracket Screw
20	5	Hood Screw
21	13	Screw
22	1	Front Roller Adj. Bolt
23	1	Ground Screw
24	2	Outlet Plate Bolt
25	10	Foot Rail Screw
26	6	Base Pad Screw
27	2	Walking Platform Bolt, Rear
28	4	Belt Guide Screw
29	2	Rear Roller Adj. Bolt
30	2	Motor Bolt
31	1	Motor Pivot Bolt
32	2	Incline Leg Bolt
33	2	Walking Platform Bolt, Front
34	2	Motor Tension Bolt
35	2	Wheel Bolt
36	2	Rear Roller Star Washer
37	1	Front Roller Star Washer
38	2	Motor Star Washer
39	2	Outlet Plate Washer
40	1	Ground Star Washer
41	20	Tek Screw
42	4	Electronics Star Washer
43	4	Incline Wheel
44	2	Motor Tension Nut
45	2	Frame Pivot Nut
46	6	Incline Leg Nut/ Platform Nut
47	5	Hood Clip
48	1	Latch Assembly
49	3	Small Nut
50	2	Isolator Fastener
51	1	Frame
52	1	Base
53	1	Left Handrail
54	1	Right Handrail
55	1	Rear Roller
56	1	Motor Belt
57	1	Electronics Bracket
58	1	Dust Guard
59	1	Motor Bracket
60	1	Left Rear Roller Bracket
61	1	Right Rear Roller Bracket
62	1	Magnet
63	6	Base Pad
64	1	Latch Catch
65	1	Hood
66	1	Belly Pan
67	1	Left Foot Rail
68	1	Right Foot Rail
69	2	Incline Leg
70	2	Wheel
71	1	Front Roller/Pulley
72	1	Motor Isolator
73	2	Motor Bushing
74	2	Frame Endcap
75	4	Base Endcap/ Upright Endcap
76	1	Walking Belt
77	2	Platform Cushion, Front
78	2	Platform Cushion, Center
79	1	Drive Motor
80	4	Wire Tie
81	4	8” Tie
82	2	Tie Holder
83	1	Reed Switch Clip
84	1	Belly Pan Grommet
85	2	Grommet
86	1	Walking Platform
87	1	Controller
88	1	Transformer
89	1	Filter
90	1	Power Cord
91	1	Console Assembly
92	1	Console Crossbar
93	1	Console Back
94	2	Belt Guide
95	1	Ground Wire
96	1	Ground Wire
97	1	Reed Switch
98	1	Wire Harness
99	1	Outlet Plate Assembly
100	2	Lift Motor Bolt
101	1	Stop Bracket
102	2	Lift Motor Nut
103	1	Belly Pan
104	1	Incline Wire
105	4	Transformer Screw/ Filter Screw
106	1	Shield
107	1	Incline Motor
#	1	6” Red Wire, M/F
#	1	4” Black Wire, M/F
#	1	4” Blue Wire, M/F
#	1	8” Blue Wire, 2F
#	1	10” Blue Wire, 2F
#	1	6” White Wire, 2F
#	1	10” White Wire, 2F
#	1	User’s Manual

#These parts are not illustrated.

Specifications are subject to change without notice.

EXPLODED DRAWING—Model No. WETL13706.0

R0706A



ORDERING REPLACEMENT PARTS

To order replacement parts, contact the ICON Health & Fitness, Ltd. office, or write:

ICON Health & Fitness, Ltd.
Customer Service Department
Unit 4, Revie Road Industrial Estate
Revie Road
Beeston
Leeds, LS118JG
UK

Tel:

08457 089 009

Outside the UK: (44) 0113 387 7133
Fax: (44) 0113 387 7125

To help us assist you, please be prepared to provide the following information:

- the MODEL NUMBER of the product (WETL13706.0)
- the NAME of the product (WESLO CADENCE M6 treadmill)
- the SERIAL NUMBER of the product (see the front cover of this manual)
- the KEY NUMBER and DESCRIPTION of the needed part(s) (see the PART LIST and the EXPLODED DRAWING in the centre of this manual)

Part No. 239999 R0706A
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